Workshop Week 1 Cluster Plan: Matwork Supine Cluster 1				
Modern Exercise Name:	**Start position:**	**Basic Movement:**		**Refinements:** Offer one at time > Leave 3 - 5 reps in between each refinement.
Chest Lift **+ Single Leg Extension** Inspired by OG: One Leg Stretch	- Lie on back - Pull knees to chest - Arms overhead - Fingernails on the floor behind you	**Layer 1:**	Curl up, fingers to toes, release	- Curl head and shoulders up as high as possible - Knees to face, face to knees
		Layer 2:	Each time you curl up extend one leg long, bring it back as you lie down	- Reach through the extending leg as much as you can
		Layer 3:	Curl up, stay up and continue switching legs	- Press the lower back into the mat as the leg extends
		Layer 4:	Hold one leg out long for 5 seconds, repeat other leg	- As one leg extends, see if you can pull the other knee in towards your face
Bridge 1.0 Inspired by OG: Shoulder Bridge	- Knees bent, feet flat - Arms by sides	**Layer 1:**	Peel your hips up and down	- Lift your hips as high as possible - Push your hands into the mat harder
		Layer 2:	Hold at the top of your bridge for 10 counts	- Hips even higher
Chest Lift **+ Single Leg Extensions** **+ Double Leg Extensions** Inspired by OG: One Leg Stretch + Double Leg Stretch	- Grab your knees - Pull knees to chest - Curl your head up	**Layer 1:**	Extend one leg long, hug the other leg. Keep switching	- Try to kiss your knee
		Layer 2:	Extend both legs long hands squeeze thighs, hug them back in. Keep going	- Pull the knees in tight, like a ball. - Legs lower for more challenge
		Layer 3:	As you extend your legs, reach your arms long behind you, as you tuck the knees in reach hands by your thighs	- Press your lower back into the floor as your legs extend
		Layer 4:	Hold with both legs long or Cycle through single leg extensions for 10 seconds	- If you have both legs long, press the legs together - Lower back press to the mat - Arms by your ears
Bridge 2.0 Inspired by OG: Shoulder Bridge	- Knees bent, feet flat - Arms by sides - Legs glued together	**Layer 1:**	Bridge up and down	- Try to get higher each time
		Layer 2:	Lift all the way up, come half way down	- Press through your hands to get higher
		Layer 3:	Hold at top of bridge for 10 seconds	- shoulders into the floor, chest up
		Layer 4:	Bridge up and down with arms reaching to sky	- Shoulders down chest up
		Layer 5:	Lift all the way up, come half way down with arms still in the sky	- keep your hips off the floor
		Layer 6:	Hold at top of bridge for 10 seconds with arms still in the sky	- Reach fingertips to the ceiling - Squeeze the pants together - Lift the hips even higher
Scissors **+ Double Leg Lowers** Inspired by OG: Single Straight Leg Stretch + Double Straight Leg Stretch	- Point right toes to sky - Grab as high up leg as possible - Lifting head and shoulders - Float other leg long just off mat	**Layer 1:**	Hold as high up the leg as you can and switch legs, continue	- Try to kiss your knee - Climb your hands as high up the leg as you can
		Layer 2:	Pull/pulse the leg towards your face twice, then switch legs	- Aim to keep pressing your back down into the mat
		Layer 3:	Keep switching legs but with your arms by your sides now	- Keep reaching through the arms by your sides
		Layer 4:	Legs glued together, lift and lower both legs	- Aim to keep pressing your back down into the mat
		Layer 5:	Hold with both legs as low as you can for 10 seconds	- Press the legs together as they hover as low as possible - Maybe take the arms overhead for the last 5 seconds
Bridge 3.0 Inspired by OG: Shoulder Bridge	- Knees bent, feet flat - Arms by sides - Legs glued together	**Layer 1:**	Peel your hips up and down	- Keep lifting your hips as high as you can
		Layer 2:	Lift all the way up, come half way down	- See if you can make the movement as smooth as possible
		Layer 3:	Lift all the way up, come half way down with arms reaching to the sky	- Move at your own pace
		Layer 4:	Lift hips up, take one leg straight to the ceiling, put it back down, roll hips down. Repeat alternating legs (all with hands still in the sky)	- Step your feet close together to help with your balance
		Layer 5:	Hold at top with either both feet flat for 10 seconds or One leg in the sky for 5 seconds, then switch legs for another 5 seconds	- Try to touch the sky with the up leg

Bicycles Inspired by OG: Criss Cross	- Draw knees to chest - Hands clasped behind head - Curl up, look at knees	**Layer 1:**	Extend one leg long and switch	- Curl up as high as possible - Take the long leg as low as possible
		Layer 2:	Twist elbow to knee and swtich	- Try to rotate further - Twist past your knee if possible
		Layer 3:	Continue but go as fast as possible for 10 seconds, then as slow as possible for 10 seconds	- Keep curling up as high as you can
		Layer 4:	Straighten both legs and keep twisting	- Lock your knees as best you can

Layers: Layers are a great way to offer choice to your clients to build automony and self efficacy. Use choice when moving through the layers of the program.
Cueing: Open ended refinements are a great way to build confidence, connection and feedback in your clients. Examples include: 'Lift as much as possible' or 'see how far you can reach through your toes' or 'curl up as high as you can'

Prenatal consideration: ACOG guidelines state we need to; 1. Avoid prolonged supine for clients over 20 weeks gestation 2. Avoid fall risk 3. Maintain comfort 4. Stay cool and hydrated.
For this cluster we would need to add a prop under the shoulders to elevate prenatal clients out of prolonged supine.
Open Level Programing: This is a layered series, so there is always the choice to move through the layers or return to a previous layer at any point.